

MERRY FITMAS!

- DAY 12 -

Print & Go!

WARM UP BEFORE STARTING WORKOUTS

(Repeat 2x)

- 20 Air Squats
- 30 Secs Marching in Place or Running in Place
- 20 Alternating Reverse Lunge
- 20 Alternating Toe Touch

[WATCH THE VIDEO HERE](#)

BACK & ARMS

DO 4 ROUNDS

- 20 Supine Bent Over Row
- 20 Parallel Grip Pulldown
- 20 Superman
- 20 (Each Side) Alternating Biceps Curls
- 20 Dumbbell Kickback

REST FOR 1 MINUTE